

Learning Strengths of the VISUAL LEARNER

- Remembers what they read and write
- Enjoys visual projects and presentations
- Can remember diagrams, charts, maps well
- Understands information best when they SEE it

Traits of the Visual Learner

- Prefers to see words written down
- When something is being described, the visual learner also prefers to have a picture to view
- Prefers a time-line or some other similar diagram to remember historical events
- Prefers written instructions rather than verbal instructions
- Observes all the physical elements in a classroom
- Carefully organizes their learning materials
- Enjoys decorating their learning areas
- Prefers photographs and illustrations with printed content
- Remembers and understands through the use of diagrams, charts and maps
- Appreciates presentation using overheads or handouts
- Studies materials by reading notes and organizing it in outline form
- Enjoys visual art activities

Strategies for the Visual Learner

- Write things down that you want to remember; you will remember them better that way
- Look at the person who is speaking to you; it will help you focus
- Try to work in a quiet place. Wear earmuffs or earplugs if necessary. Some visual learners do, however, like soft music in the background
- If you miss something a teacher says or do not understand, ask politely if they could repeat or explain
- Most visual learners learn best alone
- When studying, take many notes and write down lots of details
- When trying to learn material by writing out notes, cover your notes then re-write. Re-writing will help you remember better
- Use color to highlight main ideas
- Before starting an assignment, set a goal and write it down. Even post it in front of you. Read it as you do your assignment.
- Before reading a chapter or a book, preview it first by scanning the pictures, headings and so on
- Try to put your desk away from the door and windows and close to the front of the class.
- Write your own flashcards. Look at them often and write out the main points, then check.
- Where possible, use charts, maps, posters, films, videos, computer software, PowerPoint, etc., both to study from and to present your work

Learning Strengths of the AUDITORY LEARNER

- Remembers what they hear and say
- Enjoys classroom and small-group discussion
- Can remember oral instructions well
- Understands information best when they HEAR it

Traits of the Auditory Learner

- Remembers what they say and what others say very well.
- Remembers best through verbal repetition and by saying things aloud
- Prefers to discuss ideas they do not immediately understand.
- Remembers verbal instructions well
- Enjoys the opportunities to present dramatically, including the use of music
- Finds it difficult to work quietly for long periods of time
- Easily distracted by noise, but also easily distracted by silence
- Verbally expresses interest and enthusiasm
- Enjoys class and group discussions

Strategies for the Auditory Learner

- Study with a friend so you can talk about the information and HEAR it, too
- Recite out loud the information you want to remember several times
- Ask your teacher if you can submit some work (if appropriate) as an oral presentation or on audio tape
- Make your own tapes of important points you want to remember and listen to it repeatedly This is especially useful for learning material for tests.
- When reading, skim through and look at the pictures, chapter titles, and other clues and say out loud what you think this book could be about
- Make flashcards for various material you want to learn and use them repeatedly, reading them out loud. Use different colors to aid your memory
- Set a goal for your assignments and verbalize it. Say your goals out loud each time you begin work on that particular assignment
- Read out loud when possible. You need to HEAR the words as you read them to understand them as well.
- When doing math calculations, use grid paper to help you set your problems out correctly and in their correct columns
- Use different colors and pictures in your notes, exercise books, etc. This will help you remember them.

Learning Strengths of the TACTILE-KINESTHETIC LEARNER

- Remembers what the DO, what they experience with their hands or bodies (movement and touch)
- Enjoys using tools or lessons which involve active/practical participation
- Can remember how to do things after they've done them once (motor memory)
- Have good motor coordination

Traits of the Tactile-Kinesthetic Learner

- Remembers what the DO very well
- Remembers best through getting physically involved in whatever is being learned
- Enjoys acting out a situation relevant to the study topic
- Enjoys making and creating
- Enjoys the opportunities to build and physically handle learning materials
- Will take notes to keep busy but will not use them often
- Enjoys using computers
- Physically expresses interest and enthusiasm by getting active and excited
- Has trouble staying still or in one place for a long time
- Enjoys hands-on activities
- Tends to want to fiddle with small objects while listening or working
- Tends to want to eat snacks while studying.

Strategies for the Tactile-Kinesthetic Learner

- To memorize, pace or walk around while reciting to yourself or using flashcards or notes
- When reading a short story or chapter in a book, try a whole-to-part approach. This means you should first scan the pictures, then read headings, then read the first and last paragraphs and try to get a *feel* for the book. You could also try skim-reading the chapter or short story backwards, paragraph-by-paragraph
- If you need to fidget, try doing so in a way that will not disturb others or endanger yourself or others. Try jiggling your legs or feet, try hand/finger exercises, or handle a koosh ball, tennis ball or something similar
- You might not study best seated at a desk. Try lying on your stomach or back. Try studying while sitting in a comfortable lounge chair or on cushions or a bean bag
- Studying with music in the background might suit you
- Use colored construction paper to cover your desk or even decorate your area. Choose your favorite color as this will help you focus. This technique is called *color grounding*
- Try reading through colored transparencies to help focus your attention. Try a variety of colors to see which colors work best
- While studying, take frequent breaks, but be sure to settle back down to work quickly. A reasonable schedule would be 15-25 minutes of study, 3-5 minutes of break time
- When trying to memorize information, try closing your eyes and writing the information in the air or on a surface with your finger. Try to picture the words in your head as you are doing this. Try to hear the words in your head, too. Later, when you try to remember this information, close your eyes and try to see it with your mind's eye and to hear it in your head
- When learning new information, make task cards, flashcards, card games, floor games, etc. This will help you process the information.

Questions to Ask to Understand More about My Disability

1. What is my disability? Please describe it in terms I can understand.
2. In what specific ways does it affect how I learn?
3. How do I learn best? What are my learning strengths?
4. What academic accommodations are supported by my documentation?
5. What was the date of the last diagnosis of my disability?

Take notes and do not give up until you understand the answers to these questions. If the language is confusing, ask someone to put it in terms you can understand.

Fixed Commitment Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00 PM							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00 AM							
1:00							
2:00							

Hours available for Study _____

Hours needed for study _____
(Total of credit hours taken X 2)

CST 415-1001 LEC (71442)	MoWe 3:30PM - 4:45PM
CST 420-1001 LEC (71443)	MoWe 5:00PM - 6:15PM
CST 441-1001 LEC (71444)	MoWe 9:00AM - 10:15AM
CST 489-1002 LEC (82641)	TuTh 10:30AM - 11:45AM
CST 492-1001 LEC (87627)	TBA Location: TBA
CST 496-1001 LEC (71446)	Th 1:30PM - 2:20PM

COM 225-3004 LEC (84965)	TuTh 12:00PM - 1:15PM
ECN 212-1007 LEC (79455)	TuTh 1:30PM - 2:45PM
GIT 135-1001 LEL (72118)	We 4:40PM - 7:30PM
TMC 346-1001 LEC (70134)	TBA Internet

ABS 350-1001 LEC (85924)	TBA Internet
BIO 201-1001 LEC (70281)	MoWeFr 11:50AM - 12:40PM
BIO 201-1006 LAB (75271)	We 9:00AM - 11:30AM
DCE 118-1008 STO (81031)	MoWe 6:45PM - 8:15PM
NTR 241-1003 LEC (79258)	MoWe 3:30PM - 4:45PM
SOC 101-3001 LEC (79686)	TuTh 1:30PM - 2:45PM